



ALI TIMES



February 10, 2006

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ALI TIMES

Vol. 4, Issue 6

Feb. 10, 2006

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Front Page photo

Tech. Sgt. Luke Boudreau, 407th Expeditionary Civil Engineer Squadron, excavates retention ponds dug inside Bedrock to catch the rainwater runoff around the berthing tents at Ali Base, Iraq.

Photo by Senior Master Sgt. Jessica D'Aurizio

Accomplishments...at Ali Base

By Master Sgt. Danny Littleton

407th Expeditionary Logistics Readiness Squadron

Accomplishments – what are you accomplishing at Ali Base?

Accomplishments mean different things to different people. Most people instantly relate the word to work.

We each have a mission and it must come first no matter what. I tend to think that way 24 hours a day, seven days a week, 365 days a year. Most military members I have met seem to feel this way.

We have more opportunities here to be productive in a variety of ways. What are they you ask? I would say there are three areas which are applicable to all military personnel no matter where we are deployed.

First on my list would be

fitness. This environment is demanding on your body and mind. Maintaining our fitness will make the time go by faster and decrease our stress levels. For many of us, this will be our way of managing free time and stress. The best part is that benefits are reaped across the board with good physical training scores and wellness.

Secondly, we can better ourselves through a commitment of gaining all the **knowledge** possible while here. This could be as simple as learning a new job related task, reading up on new subjects, or getting a few credits toward a degree.

When we learn something new and

share it with others, everyone obtains knowledge and experience. This leads to enlightenment of life itself. A simple analogy would be comparable to your first experience purchasing a vehicle. Research is the smart way to determine what type of vehicle you need and what you can afford, but

most purchase that first vehicle purely on looks or performance. Soon afterward, you realize your lack of knowledge and experience has failed. The decision is made to sell and purchase something more feasible to your needs. This new knowledge and experience is what helps us make better decisions in life, but only if we use it.

That brings me to the final point, **attitude.** The right state of mind is going to make or break you. You have the opportunity to

make this deployment a good or bad experience. If we choose to utilize this opportunity to obtain higher PT scores, take a College Level Examination Program, or take a course; you have been successful, been productive and met the mission all at the same time.

The key is doing everything with a positive attitude. So there you have it. A good plan of action with a positive outlook will allow you to not only survive this deployment, but excel with accolades while the days click off faster and faster. So what are you waiting for? Set some goals and execute your plan today.



Master Sgt. Danny Littleton

Muddy boots...please go away

By Senior Master Sgt. Jessica D'Aurizio

407th Air Expeditionary Group Public Affairs

The loud clap of thunder and the roar of equipment moving dirt blended together. The rain was not to be stopped as the Civil Engineers quickly expedited their priority one project "to improve the living conditions for Airmen at Ali Base."

Engineers from Indiana and Vermont Air National Guard units, a handful from 30 other National Guard units and Air Force Reserve Command, along with some active duty and civilians, arrived for Air and Space Expeditionary Forces 9/10. Within hours of their arrival, the flooding began.

"We knew the rainy season would be here, but we did not know the drainage issues would be as bad or critical," said Maj. James Starnes, 407th Expeditionary Civil Engineer Squadron operations officer. Along with the rain came other problems the engineers had to face.

Tents with no power, dead phone lines and vehicles stuck in the mud were just a few of the obstacles they had to overcome in addition to getting used to the new time zone. This all happened before they could even get equipment warmed up to start the drainage project.

"The drainage/flood problems were causing electrical issues as well," said Major Starnes. "We were immediately called on power outages throughout Bedrock once the flooding began." The rain water that had seeped in many of the tents in Bedrock had shorted

out electrical connections leaving the occupants without light and other electrical needs.

"After the first flooding, we knew that we had to quickly put a band-aid on the problem," said Tech. Sgt. Peter Noble, 407 ECES. The band-aid consisted of four retention ponds in the middle of Bedrock and drainage trenches in front of the tents for it (the rain water) to travel down.

"The area is so large and flat that you can't get good drain slopes," said Major Starnes. The areas were split into sections and mini drain slopes created a direct flow to the drain basins or ponds.

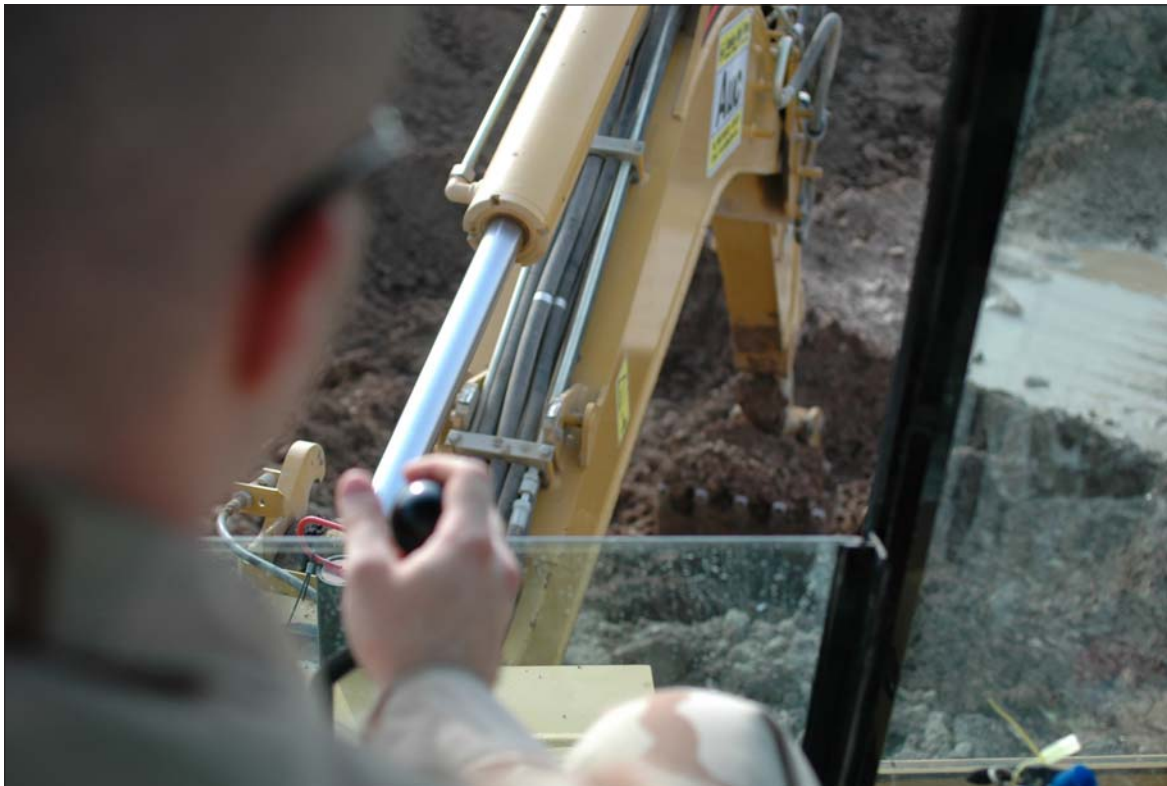
"We plan on making the ponds as nice as we can. Eventually we'll put rock in the bottom of them and have permanent fences to keep people from sliding into them," said Tech. Sgt. Luke Boudreau. Currently the ponds are roped off and full of rain water.

Bedrock is not the only area the drainage project is covering. They have numerous other areas that need their attention. Some mentioned include the Fire Department, the fuel delivery area by the flight line, where a truck has already been stuck in the mud, behind the air terminal operations center and around the ammunition area.

"We will be continuing with Bedrock improvements

Continued on page 9:

Muddy



Senior Airman Michael Lamphere, 407 ECES, cleans out excess dirt from one of the Bedrock retention ponds. (Photo by Senior Master Sgt. Jessica D'Aurizio)

Get the FOD Out!

Prevention is everybody's business

By Maj. Tom Emmolo

407th Air Expeditionary Group, Chief of Safety

But, why do I have to do that? We are a C-130 base...they can land in dirt! True, but we are the only airfield in southern Iraq, and we see just about everything come through this base including fighter type aircraft. So, I encourage everyone to be a FOD Boss! Keep our runway and taxiways clean. It is easy to do.

First, for those not routinely on the flight line, let me tell you what FOD is...Foreign Object Damage. In other words, it is stuff that gets sucked into air breathing aircraft engines and causes damage. It can be anything from a rock to a bolt to a lost tool. Anything that can be sucked up into an aircraft engine is called FOD.

So how do we prevent FOD? It is an Ali Team effort and if you enter the flight line you're on the team, so read on. Before you head to the flight line, keep your vehicle clean inside and out. That is a major challenge in the Iraq rainy season, but it is one of the most important FOD control measures...mud and rocks are one of our biggest culprits.

Next is the FOD check itself. Are you doing it correctly? Odds are you probably are not. During our last flight safety spot inspection no one was doing it right. Let me tell you how to do a proper FOD check. Think safety, stop the vehicle, turn off the engine and set the parking brake. Then pull out your handy

Continued on page 7:

FOD



Photo by Senior Master Sgt. Jessica D'Aurizio

Master Sgt. Phil Coward, 407 AEG, Flight Safety NCO, demonstrates the proper way to remove FOD from your vehicle tires in addition to the *Top Ten Ways to Reduce FOD*.

Top Ten Ways to Reduce FOD

1. Have a tool that can remove rocks and other debris from tires, flashlight, and FOD container in all flight line vehicles.
2. Do correct tire FOD inspections. Ali Base FOD Operating Instruction 21-04 directs rollover FOD checks.
3. Keep the exterior of the vehicle clean.
4. Ensure loose items don't collect in the vehicle's interior.
5. Keep small items such as pens, coins, keys, etc. secure and accounted for.
6. Always drive on paved surfaces unless it is absolutely necessary to leave the paved surface. Always perform a FOD inspection when returning to a paved surface.
7. Pick up debris from taxiways, runways, and run-up pads when seen (rocks, loose hardware, pavement fragments, etc.)
8. Follow proper tool control procedures.
9. Correct others on proper FOD control procedures.
10. Have a good unit FOD training program.

Moseley discusses uniform changes

2/2/2006 - **ORLANDO, Fla. (AFPN)** — The top Air Force general is enthusiastic about the upcoming utility uniform and its head-to-toe changes, he said at the Air Force Association Air Warfare Symposium here Feb. 2.

Air Force Chief of Staff Gen. T. Michael Moseley said during a discussion at the symposium that officials have finalized the new uniform, and one of the major topics of discussion was the women's boot.

For years, women have had to do with a smaller version of a men's boot, but "that's not right, and that's not the way I want to do business," he said.

"When you have a female Airman pulling security duty at Balad [Air Base in Iraq] or on the rugged terrain at Bagram [AB, Afghanistan], and she's standing on her feet all day, doing business to serve this country, she deserves

better than a small men's boot," he said. "There are physical differences between men's feet and women's, and these new boots are going to accommodate that."

General Moseley said he's garnered insight about the uniform by actually going out into the field and speaking with Airmen.

"I told them, 'Tell me what you want to change'," he said, "and they pointed out they wanted a pocket on the arm, pocket on the legs, more pockets on the blouse, because when you're over there, wearing the body armor, you have to have those things in places you can reach." General Moseley said a women's version of the utility uniform will also be available, "because for a long time, women have had to pick sizes that were based on the men's uniform, that were kind of close to her size, so they had to get them

altered or modified or just do with what they've got. That's not going to be an issue anymore."

He said two uniform issues are still being worked — the final configuration of the regular duty hat and the design of the T-shirt. "We are also looking at how to put U.S. AIR FORCE on the shirt," he said. "We want something on the shirt so that when a young Airman at Keesler who is responding to the hurricane takes off his blouse, people know that is an Air Force member conducting that operation and getting the work done." General Moseley said he has enjoyed talking with Airmen about the uniform.

"There are a thousand good ideas about the uniforms put out there every day," he said. "Our goal is to get it done, get it out there and get it right."

Military Deployment Pay

Members who receive orders to deploy to overseas contingency areas may receive the following additional military pay entitlements based on the location of deployment: Imminent Danger Pay (IDP), (\$225 per month); Family Separation Allowance (FSA), (\$250.00 per month, after 31 days separation); Civilian Clothing Allowance (one time payment of \$563.62 to authorized enlisted members only); Hardship Duty Pay (HDP) (\$50-\$150.00 per month, as authorized); and Combat Zone Tax Exclusion (CZTE), as authorized. Officers receive CZTE, not to exceed the base pay for the highest enlisted pay grade (CMSAF base pay \$6,500 plus IDP \$225 for a total monthly CZTE for officers of \$6,725).

Members are not required to use their Government Travel Card for deployment TDY to contingency areas of responsibility. They may request travel advances at Finance. Upon return from deployment, file travel vouchers within five workdays; this will allow Finance to stop overseas deployment entitlements and ensure members are not overpaid.

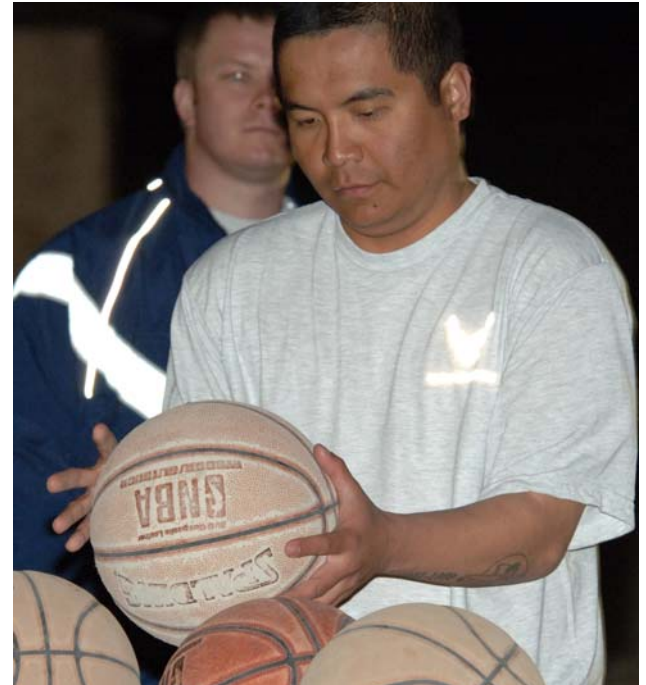
Top Ten My-Pay Features

- 10. Print pay statements (last 12 Leave and Earning Statements) one week before payday**
- 9. Start, stop, & change military Thrift Saving Plan contributions & mailing address**
- 8. Change direct deposit bank account**
- 7. Print and change last five W-2s and W-4 tax withholdings**
- 6. Change mailing address for home & TSP**
- 5. Establish read-only Personal Identification Number for spouse**
- 4. Purchase U.S. Savings Bonds**
- 3. Access My-Pay at work, home, and while on Temporary Duty, Permanent Change of Station, or leave**
- 2. Start, stop and change pay allotments to financial institutions**
- 1. My-Pay is secure, private, & fast <https://mypay.dfas.mil/mypay.aspx>**

3 Point Shootout ends peacefully



Top Left: Alonza Loury, 407th Expeditionary Services Squadron, competes in the 3 Point Shootout held on Feb. 1, at Ali Base, Iraq. Bottom Left: 2nd Place Winner, Douglas Newsome, 407th Air Expeditionary Group, take his position for the 3 Point Shootout at Ali Base. Middle Right: 1st Place Winner, Allen Sipano, 407th Expeditionary Civil Engineer Squadron, chooses a ball for his next shot in the 3 Point Shootout competition at Ali Base. Bottom Right: 1st and 2nd place winners, Sipano and Newsome pose for the winners photos. (Photos by Staff Sgt. Valerie Smith)



Trust and Trustworthiness

Both go hand in hand

By Chaplain (Capt.) Carl Phillips

407th Air Expeditionary Group Chaplain



Chaplain (Capt.) Carl Phillips

"The trustworthy will get a rich reward."

Proverbs 28:20

I tell every couple getting married that the one foundation of their marriage is trust. Without trust relationships fall apart.

People sometimes complain that their spouse or special someone doesn't trust them. Too often when asked if they are worthy of trust, they acknowledge that they aren't.

While deployed in Iraq, we become a small community where bonds of friendship grow. This is especially true within one's own unit.

You find out who you are working with and you begin to form a bond, building trust in one another. You trust your workmate to get his work done so that you can get yours done. You trust that they will look out for your interests and those of the group.

You take care of your tent together, work together, and eat meals together. When someone betrays the trust of the group they are treated differently. They become an outcast.

We need to stick together and

trust one another, but more importantly we need to be trustworthy. As the writer of Ecclesiastes puts it, "Two are better than one...if one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" (4:9,10)

Not only do our friends need us to be trustworthy, but also our families back home. It is said that what happens while deployed stays deployed. That is merely a myth.

Our wives and children need us to be trustworthy. Frequently, spouses suspect that their husbands or wives were unfaithful during a deployment. They become suspicious for a variety of reasons and it is the suspicion that destroys trust.

When we give in to the desire to be unfaithful, we not only prove to others that we are untrustworthy, we also prove that we can't even trust ourselves.

Make this deployment something you, your friends and your family can be proud of. Be a person who trusts, but more importantly be a trustworthy person.

FOD

from page 4.....

flashlight, if at night, and your FOD prying tool. If you don't have a FOD tool, use a small screw driver. Pry out all the small rocks and debris from your tires, and yes, you have to get it all.

Place any objects in your FOD container located in your vehicle. If you don't have a FOD container, get one. They are required according to Air Force Instruction 21-101. Whatever you do, don't just leave the debris at the FOD checkpoint for the next vehicle to stick in its tires. Next is the part that most of us fail to do...**the rollover**. Get back in your vehicle and roll forward to spin your tires 180 degrees. Now check them again. With all the rocks around this base, I suspect you'll find a few more rocks to pull out. Remove them all! And one last item, check your vehicle over and make sure nothing is loose and truck beds are free of loose debris.

Now that your vehicle is FOD free, time to be the FOD Boss on the flight line. Look for objects on the taxiways and around the airfield. Pick up anything you find. If it's too much to handpick, call airfield management and they will roll the sweepers. If you are a maintainer or anyone with a set of tools, be sure to keep track of all tools you use on the flight line...controlling tool kits are an AFI 21-101 requirement.

Everyone has a part to play when it comes to FOD reduction. Like I said earlier, it is a team effort...from you, the driver, to the aircraft mechanic, to the airfield manager, to that Airman driving the sweeper.

We all must do our part to get the FOD out! Someone's life may depend on it.

Customs and Courtesies

FLAG ETIQUETTE

(Editors Note: This is part one of a series to address military customs and courtesies. This part will deal with the American flag and proper etiquette when it is present. Information is taken from "Til the Wheels are Up.")

Flags play an important role in every military ceremony, and there are very formal rules of etiquette with regard to their use and display. The national flag of the United States of America is the most important symbol of our nation's past and future and it's important that we not only display it proudly, but properly, too.

"Don'ts" For Displaying The U.S. Flag

- The flag should not be displayed on days when the weather is inclement, except when an all weather flag is displayed.
- The flag should not be displayed on a float in a parade except from a staff.
- The flag should not be draped over the hood, top, sides, or back of a vehicle or of a railroad train or a boat.
- The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.
- The flag should never touch anything beneath it, such as the ground, floor, water, or merchandise.
- The flag should never be used as wearing apparel, bedding, or drapery. It should never be festooned, drawn back, nor up, in folds, but always allowed to fall free. Bunting of blue, white, and red, always arranged with the blue above, the white in the middle, and the red below, should be used for covering a speaker's desk, draping the front of the platform, and for decoration in general.
- The flag should never be carried flat or horizontally, but always aloft and free.
- The flag should never be fastened, displayed, used, or stored in such a manner as to permit it to be easily torn, soiled, or damaged in any way.
- The flag should never be used as a covering for a ceiling.
- The flag should never be placed upon it, nor on any part of it, nor attached to it any mark, insignia, letter, word, figure, design, picture, or drawing of any nature.
- The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.
- The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard. Advertising signs should not be fastened to a staff or halyard from which the flag is flown.
- No part of the flag should ever be used as a custom or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policeman, and members of patriotic organizations. The flag represents a living country and is itself considered a living thing. Therefore, the lapel flag pin, being a replica, should be worn on the left lapel near the heart.
- No other flag or pennants should be placed above or, if on the same level, to the right of the U.S. flag, except during church services conducted by a naval chaplain aboard a U.S. naval vessel at sea or ashore, when the church pennant may be flown above the flag during church services for the personnel of the Navy.
- The flag should form a distinctive feature of the ceremony of unveiling a statue or monument, but it should never be used as the covering for the statue or monument.

Rendering honors to the flag

Outdoors

· When in uniform, come to attention, face the flag (or band if flag isn't visible) and salute. If the music is recorded and no flag is visible, face front and salute. In civilian or athletic clothes, do the same thing except hold your right hand over your heart. Maintain salute until the last note of music. Vehicles in motion are brought to a halt. Everyone, including the driver, remains seated at attention. These marks of respect are also shown to the national anthem of any friendly country when played upon official occasions.

Indoors

· When the national anthem is played indoors at a formal gathering, you stand at attention and face the flag if it is present, otherwise, face the music. You do not salute unless under arms. In civilian or athletic clothes, stand at attention with your right hand over your heart. Remember the above applies when the music is live and does not apply to broadcast music, such as radio or TV.

Pledge of Allegiance to The Flag

The pledge is not recited at military formations/ceremonies. At protocol functions, social, and sporting events which include civilian participants, military personnel in uniform outdoors stand at attention, remain silent, face the flag, and salute. In uniform indoors, stand at attention, remain silent, and face the flag. Do not salute. When in civilian attire, reciting the pledge while standing at attention, facing the flag with the right hand over the heart. Men should remove headdress with right hand and hold it over the left shoulder, the hand over the heart.



Top: Master Sgt. Duane Sircy and Senior Airman Michelle Jewel, both from 407 ECES, work together to decide the best way to complete a construction project.
Bottom: Senior Airman Michael Lamphere, 407 ECES, cleans out one of the Bedrock retention ponds of excess dirt. (Photos by Senior Master Sgt. Jessica D'Aurizio)

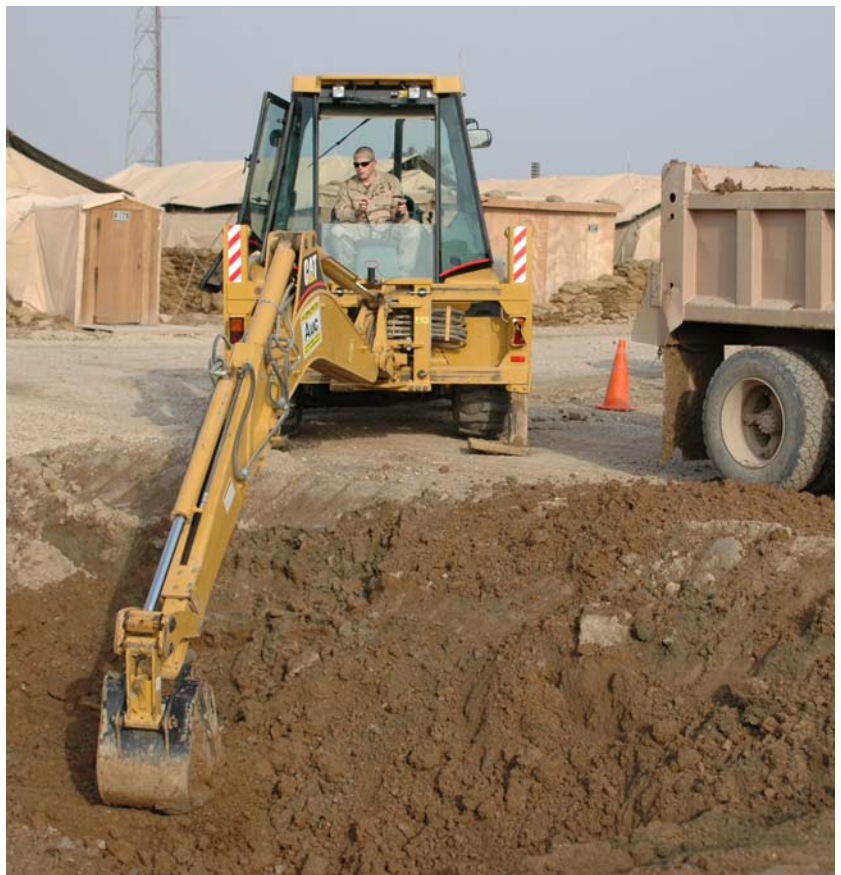
as well as other base support facilities maintenance and upgrades such as water, electric, tents and structures, and airfield pavements and arresting systems,” said Major Starnes.

One of the engineers, Staff Sgt. Brian Hayes, compared the soil here, about six inches down, to that found in the Arkansas/Missouri river beds. “It’s not good to work with, that is for sure.”

Some of the dirt they are digging up will be put to good use in the HESCOs (dirt enclosed in wire for barriers) to go around base facilities.

According to Major Starnes, the drainage project is expected to be completed over the next few weeks. Other work planned for Bedrock includes concrete walkways offering smooth walking surfaces, and grading and smoothing areas around communications and security forces.

“The focus of what we are going to accomplish this rotation is to make the living and working conditions better than what they were before we arrived,” said Lt. Col. Joel Clark, 407 ECES commander. “Our Airmen are off to a great start and will continue to improve the situation one project at a time.”



Exercise, exercise, exercise

Ali Base stays prepared for the real thing



Top left: Staff Sgt. Steven, 407th Expeditionary Civil Engineer Squadron, Exercise Evaluation Team Member, observes ECES during a recent Exercise at Ali Base, Iraq. Top Right: Tech. Sgt. Bruce Burton, 407 ECES, takes cover during a simulated attack at Ali Base, Iraq. Bottom left: 777th Expeditionary Airlift Squadron sweep team members look for explosives during an exercise at Ali Base, Iraq. Bottom right: Senior Airman Douglas Newsome, 407th Air Expeditionary Group, is assisted by Maj. Tom Emmolo, 407 AEG, EET. (Photos by Staff Sgt. Valerie Smith)

Super Bowl Monday morning in Iraq



Top left: Staff Sgt. Gregory Peace, 407th Expeditionary Operations Support Squadron and 2nd Place winner in the Field Goal Challenge, kicks a football during the competition. (Photo by Staff Sgt. Bradley Church) Top right: Lt. Col. Nelson Johnson, 407 EOSS commander and 1st Place winner of the Field Goal challenge, and Col. Kevin Kilb, 407th Air Expeditionary Group commander, watch the 2006 Super Bowl at broadcast time in Iraq, on Monday morning, at 2 a.m. (Photo by Staff Sgt. Valerie Smith) Bottom: Capt. Robert Crable, 407th Expeditionary Logistics Readiness Squadron, and Staff Sgt. Ron Floyd, 407 EOSS and 1st Place winner, plays foosball to win a front row seat and free refreshments throughout Super Bowl XL. (Photo by

Staff Sgt. Valerie Smith) Other winners for the days events include: Staff Sgt. Chuck Wickert, 1st Place in Quarterback Challenge who also won 1st Place in the NFL Trivia Contest, along with Staff Sgt. Greg Peace, both from the 407 EOSS, and 1st Place of the Madden tournament went to Senior Airman Jonathon Williams, also of the 407 EOSS.



Ziggurat Tours available to personnel

Sign up for a Ziggurat Tour offered each Tuesday, Thursday and Saturday at 3 p.m. You can either call the Hot Spot at 445-2306 or go by personally to participate in the event.



Top left: Dhaif Muhsen, Ziggurat Tour guide, introduces a group of Ali Base tourists to the Ziggurat site. Top right: Airman 1st Class Tiffany Smith, 407th Expeditionary Security Forces Squadron, listens to facts about the writings on the wall. Bottom: Staff Sgt. Michael Clay, 407th Expeditionary Logistics Readiness Squadron, Tech. Sgt. Alberto De La Rosa, 727th Expeditionary Air Control Detachment, and 1st Lt. Sarah Good, 777th Expeditionary Airlift Squadron, look at one of the buildings at the site. (Photos by Senior Master Sgt. Jessica D'Aurizio)



Circuit Training on the Basketball Court

See events schedule on page 16 for dates and times

Top left: Tech. Sgt. Brian Christina and Staff Sgt. Cory Upshaw, 407th Expeditionary Services Squadron, do push-ups during the Circuit Training Class, at Ali Base, Iraq. Top right: Senior Airman Narjis Stabile, 407 ESVS lifts a bar to improve upper body strength. Bottom left and right: Airman 1st Class Tonya Von Thun, 407 ESVS, jumps rope and performs leg lifts and crosses. (Photos by Senior Master Sgt. Jessica D'Aurizio)



Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block by 3 p.m. Thursday Feb. 9.

All correct entries will be placed in a box and three winners will be randomly selected at Combat Bingo (at the Big Top) at 7:30 p.m., Friday Feb 10.

Participants do not have to attend bingo to win.

Winners will receive a complimentary T-shirt or coin from the 407th Expeditionary Services Squadron. There were only three correct responses identifying the butt can lid for the Jan. 20 Ali Times: Staff Sgts. Edward Tobin, 407th Expeditionary Civil Engineer Squadron and Scott Collier, 777th Expeditionary Logistics Readiness Squadron and Senior Airman Timothy Bradley, 407 ELRS.

407th Expeditionary Communications Squadron

Many of the base populace utilize services without realizing where they come from. A variety of services are provided by a talented group of Airmen at the 407 ECS. This diverse squadron is charged with providing all of your communication needs, such as telephone service, satellite uplinks, or postal services. The Squadron provides guidance, installation, and/or maintenance.

For support of your small computer systems, please contact your unit Computer Systems Administrator. If you require any other communications assistance, please contact the Ali Base Communications Focal Point at 445-2666. The CFP is a 24 hours a day, 7 days a week, work center and will be able to assist you with any of your comm needs.

For more information please visit the 407 ECS homepage at <http://intranet/COMM/index.htm>

For postal information visit http://intranet/postal_page/index.htm

407th AEG

Warrior of the Week



Staff Sgt. David Giberson

Unit: 407th Air Expeditionary Services Squadron,

Duty title: Fitness NCO in charge

Home station: 508th Services Squadron, Whiteman AFB, Mo.

Why other warriors say he's a warrior: "Sergeant Giberson's great work ethics and enthusiasm is unequalled. In the small amount of his time here; he has completed two self-help projects and two highly successful sporting events. He has volunteered for several extra duty taskings while flawlessly handling NCOIC duties at the Fitness Center."

- Tech. Sgt. Adrienne Mimms, Fitness Center Director, 407 ESVS

Most memorable Air Force experience: "While assigned to Howard AFB in Panama, I had the opportunity to get an incentive flight in a Black Hawk helicopter. We flew over the Panama Canal."

Hobbies: Spending quality time with family and pheasant hunting in Nebraska.

Notes about my family: "Family means everything to me. I have two sons, Daniel, two years old, and Daring, six months old. My beautiful wife's name is Debra and we live in Warrensburg, Mo."

Serenity in the sand

faith-based services schedule

Worship is at the 407th Air Expeditionary Group **Oasis of Peace** chapel, and at the Army Post Chapel. The Oasis is open 24 hours a day for prayer and reflection.

For details on worship opportunities, or directions to worship locations, please call 445-2006.

Oasis = Air Force Chapel/Bedrock

OA = Oasis Annex

ARAC = Army Religious Activity Center

APC = Army Post Chapel

TCN = Third Country Nationalist living area by DFAC

CC = Camp Cedar

FRIDAY

1 p.m., Muslim prayer/
service: (TCN)
6 p.m., Roman Catholic
Mass: Oasis
6:30 p.m., Jewish Service:
ARAC
7:30 p.m., Gospel choir
rehearsal: APC
8:30 p.m., Ladies
Fellowship: Oasis

SATURDAY

6 p.m., Catholic Vigil Mass:
Oasis

SUNDAY

7:30 a.m., Traditional
Protestant Service: APC
8 a.m., Roman Catholic
Mass: Oasis
9:30 a.m., Traditional
Protestant Service: Oasis
10 a.m., Latter Day Saints
Service: ARAC
10:30 a.m., Roman
Catholic Mass: CC
10:30 a.m. Church of
Christ: ARAC
1 p.m., Gospel Service:
APC
7 p.m., Contemporary
Worship Service: Oasis

MONDAY

6 p.m., Roman Catholic
Mass: Oasis
7:30 p.m., Discipleship
Bible study: Oasis
7:30 p.m., Gospel choir
Rehearsal: APC

TUESDAY

6 p.m., Roman Catholic
Mass: Oasis
7:30 p.m., Work of Faith
Bible Study: APC
8 p.m., Catholic RCIA:
Oasis Annex
8 p.m., Contemporary
Worship Rehearsal: Oasis

WEDNESDAY

6 p.m., Roman Catholic
Mass: Oasis
7 p.m., Catholic choir
Practice: Oasis
7 p.m., Spanish Bible
Study: ARAC;
7 p.m., Women's Bible
Study: Army Hospital
7:30 p.m., Protestant
Worship Service: APC

THURSDAY

6 p.m., Roman Catholic
Mass: Oasis
6:30 p.m., Ladies Bible
Study: ARAC
7:30 p.m., Relationship
Study: Oasis Annex
7:30 p.m., Mens Bible
Study: APC

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

Best Men (1997), 1 a.m., Dean Cain, *action/comedy/crime/thriller*;
Torque (2004), 3 a.m., John Ashker, *action/thriller*; **Mission Impossible** (1996), 5 a.m., Tom Cruise, *action/adventure/mystery*;
Shawn of the Dead (2004), 7 a.m., Simon Pegg, *comedy/drama/horror/romance*; **Popstar** (2005), 9 a.m., Aaron Carter, *family/comedy*;
Fun with Dick and Jane (2005), 11 a.m.; **Big Momma's House 2** (2006), 1 p.m., Martin Lawrence, *action/comedy/crime*; **What About Bob?** (1991), 3 p.m., Bill Murray, *comedy*; **The Italian Job** (2003), 5 p.m. Mark Wahlberg, *action/adventure/crime*; **40 Year Old Virgin** (2005), 7 p.m. Steve Carell, *comedy/romance*; **Legend of Zorro** (2005), 9 p.m. Alberto Reyes, *action/western*; **My Big Fat Greek Wedding** (2002), 11 p.m. Nia Vardalos, *comedy/romance*; **My Mutant X** (2001), Forbes March, *action/drama/fantasy/Sci-fi*; **King Arthur** (2004), Clive Owen, *action/drama/history/war*; **Head of State** (2003), Chris Rock, *Comedy*; **Shawshank Redemption** (1994), Tim Robbins; *drama*; **Get Rich or Die Tryin** (2005), 50 Cent, *action/crime/music*;
The Fog (2005), Tom Welling, *action/mystery/thriller*

Following Bingo in the Big Top: **Fun with Dick and Jane** (2005), Jim Carrey, Tea Leoni, *comedy/crime*

Sunday at noon in Big Top: **Lord of the Rings 1, 2, & 3** (2001/2/3), Noel Appleby, Sean Astin, Alexandra Astin, *action/adventure/fantasy*

Saturday

Mutant X 1 a.m.
King Arthur 3 a.m.
Head of State 5 a.m.
Shawshank Rdm 7 a.m.
Best Men 9 a.m.
Big Momma's Ho 2 .. 11 a.m.
My Greek Wedding 1 p.m.
Mission Impossible 3 p.m.
What About Bob 5 p.m.
Fun with Dick/Jane 7 p.m.
Get Rich or Die Tryin . 9 p.m.
The Fog 11 p.m.

Sunday

Shawn of the Dead 1 a.m.
Shawshank Rdm 3 a.m.
Torque 5 a.m.
What About Bob 7 a.m.
King Arthur 9 a.m.
40 Year Old Virgin 11 a.m.
Best Men 1 p.m.
Popstar 3 p.m.
Mutant X 5 p.m.
Torque 7 p.m.
Fun with Dick/Jane 9 p.m.
The Italian Job 11 p.m.

Monday

Mission Impossible 1 a.m.
Get Rich or Die Tryin . 3 a.m.
Legend of Zorro 5 a.m.
Big Momma's Ho 2 7 a.m.
Shawn of the Dead 9 a.m.
the Italian Job 11 a.m.
40 Year Old Virgin 1 p.m.
Best Men 3 p.m.
My Greek Wedding 5 p.m.
Head of State 7 p.m.
The Fog 9 p.m.
King Arthur 11 p.m.

Tuesday

Get Rich or Die Tryin . 1 a.m.
The Italian Job 3 a.m.
Torque 5 a.m.
Big Momma's Ho 2 7 a.m.
Legend of Zorro 9 a.m.
Head of State 11 a.m.
Popstar 1 p.m.
Fun with Dick/Jane 3 p.m.
Shawshank Rdm 5 p.m.
What About Bob 7 p.m.
Shawn of the Dead 9 p.m.
40 Year Old Virgin 11 p.m.

Wednesday

The Fog 1 a.m.
King Arthur 3 a.m.
Legend of Zorro 5 a.m.
My Greek Wedding 7 a.m.
Popstar 9 a.m.
Head of State 11 a.m.
Best Men 1 p.m.
Mutant X 3 p.m.
Shawn of the Dead 5 p.m.
Mission Impossible 7 p.m.
Big Momma's Ho 2 9 p.m.
Legend of Zorro 11 p.m.

Thursday

Head of State 1 a.m.
Shawshank Rdm 3 a.m.
Popstar 5 a.m.
Fun with Dick/Jane 7 a.m.
Mission Impossible 9 a.m.
The Fog 11 a.m.
The Italian Job 1 p.m.
40 Year Old Virgin 3 p.m.
Torque 5 p.m.
What About Bob 7 p.m.
Get Rich or Die Tryin . 9 p.m.
Mutant X 11 p.m.

Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

6:30 p.m., **Spin**: Muscle Beach (DVD)
 7 p.m., **Dominoes**: ACC
 7 p.m., **Bench Your Weight Contest**: Muscle Beach
 7:30 p.m., **Step Aerobics**: Muscle Beach (I)
 7:30 p.m., **Bingo**: Big Top
 8 p.m., **Step Aerobics**: HOP
 9 p.m., **Karate**: Muscle Beach (I)

Saturday

2:30 p.m., **Yoga**: Muscle Beach (DVD)
 7 p.m., **Spades**: Big Top
 8 p.m., **Valentines Day Dance**: Sprung Center
 8:30 p.m. **Absolute Abs**: Muscle Beach (I)
 9 p.m., **R & B Hip Hop Night**: Big Top

Sunday

9:30 a.m., **Karate**: Muscle Beach (I)
 5 p.m., **4 on 4 Volleyball Tournament**: VB Court
 5 p.m., **Tae Kwon Do**: HOP
 7 p.m., **Darts**: ACC
 7 p.m., **Karaoke**: Big Top
 8 p.m., **Self Defense**: Muscle Beach (I)

Monday

6 a.m., **Circuit Training**: Basketball Courts (I)
 7 p.m., **Ping Pong**: ACC
 7:30 p.m., **Step Aerobics**: Muscle Beach (I)
 8 p.m., **Ping Pong**: Big Top
 8 p.m., **Step Aerobics**: HOP

Tuesday

5 a.m., **Step Aerobics**: Muscle Beach (I)
 6:30 a.m., **Spin**: Muscle Beach (DVD)
 7 p.m., **Scrabble**: ACC
 7:30 p.m., **Tae Kwon Do**: HOP
 8 p.m., **9-Ball**: Big Top
 8:30 p.m. **Absolute Abs**: Muscle Beach (I)

Thursday

2:30 p.m., **Yoga**: Muscle Beach (DVD)
 7 p.m., **Bench Your Max Contest**: Muscle Beach
 7 p.m., **Wheel of Fortune Big Top**
 7 p.m., **Spades TNY**: ACC
 7:30 p.m., **Step Aerobics**: Muscle Beach (I)
 8:15 p.m., **Step Aerobics**: HOP

Thursday

5 a.m., **Step Aerobics**: Muscle Beach (I)
 6 p.m., **Circuit Training**: Basketball Courts (1)
 6 p.m., **Cardio mix**: HOP
 7 p.m., **8/9-Ball**: ACC
 7:30 p.m., **Tae Kwon Do**: HOP
 8 p.m., **5 Card Draw**: Big Top
 8:30 p.m. **Absolute Abs**: Muscle Beach (I)
 8:30 p.m., **Salsa**: HOP

It's your base, so...

Call the 407th Services Squadron with ideas for activities: 445-2696; For information about the House of Pain, Army fitness center: 833-1709; For information about Army morale, welfare and recreation activities: 833-1745.

(I)—Instructor
 TNY—Tournament
 HOP—House of Pain, Army Fitness Center
 ACC—Army Community Center

AEF 9/10 Help Wanted: fitness and recreation instructors

Many of the classes offered at Muscle Beach are lead by volunteers from within the ranks of deployed Airmen. The 407th Expeditionary Services Squadron is looking for volunteers from AEF 9/10 to fill vacancies created when those from AEF 7/8 leave. Opportunities also exist to add activities to the events calendar if you are able to instruct or lead an activity not currently offered.

Please call Tech. Sgt. Adrienne Mimms, 407th Expeditionary Services fitness director, at 445-2136, to talk about how you can make this a better deployment for everybody.